THE TYPIKA

(offered on Sundays when there is no Liturgy)

Leader: Glory to the holy, consubstantial, life-giving, and undivided Trinity, now and ever, and to the ages of ages.

People: Amen.

Psalm 103

Bless the LORD, O my soul, and all that is within me, bless his holy name.
Bless the LORD, O my soul, and do not forget all his benefits –
who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit,
who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle's.
The LORD works vindication and justice for all who are oppressed.
He made known his ways to Moses, his acts to the people of Israel.
The LORD is merciful and gracious, slow to anger and abounding in steadfast love.
He will not always accuse, nor will he keep his anger forever.
He does not deal with us according to our sins, nor repay us according to our iniquities.
For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;
as far as the east is from the west, so far he removes our transgressions from us.
As a father has compassion for his children, so the LORD has compassion for those who fear him.
For he knows how we were made; he remembers that we are dust.
As for mortals, their days are like grass; they flourish like a flower of the field;
for the wind passes over it, and it is gone, and its place knows it no more.
But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children,
to those who keep his covenant and remember to do his commandments.
The LORD has established his throne in the heavens, and his kingdom rules over all.
Bless the LORD, O you his angels, you mighty ones who do his bidding, obedient to his spoken word.
Bless the LORD, all his hosts, his ministers that do his will.
Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul.

Psalm 146

Praise the LORD! Praise the LORD, O my soul!
I will praise the LORD as long as I live; I will sing praises to my God all my life long.

Do not put your trust in princes, in mortals, in whom there is no help.
When their breath departs, they return to the earth; on that very day their plans perish.
Happy are those whose help is the God of Jacob, whose hope is in the LORD their God, who made heaven and earth, the sea, and all that is in them;
who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry.
The LORD sets the prisoners free; the LORD opens the eyes of the blind.
The LORD lifts up those who are bowed down; the LORD loves the righteous.
The LORD watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin.
The LORD will reign forever, your God, O Zion, for all generations. Praise the LORD!

Only Begotten Son

Only begotten Son and Word of God, immortal one, who for our salvation did so humble yourself by taking on flesh from the Theotokos, and ever Virgin Mary; without change did you become man, and were crucified Christ our God, but conquered death by your death. As one of the Holy Trinity, and being glorified together with the Father and the Holy Spirit, save us!

The Beatitudes

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are the poor in spirit, for theirs is the kingdom of heaven.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are those who mourn, for they shall be comforted.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are the meek; for they shall inherit the earth.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are they who hunger and thirst for righteousness, for they shall be filled.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are the merciful, for they shall obtain mercy.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are the pure in heart; for they shall see God.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are the peacemakers, for they shall be called the children of God.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Blessed are you when people shall revile you and persecute you, and say all manner of evil against you falsely, for my sake.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Rejoice and be exceedingly glad, for great is your reward in heaven.

People: In your kingdom remember us, O Lord, when you come into your kingdom.

Leader: Let us pray for the peace of the world.

People: Lord, have mercy.

Leader: For all pious and orthodox Christians.

People: Lord, have mercy.

Leader: For our Archbishop *(name)* and all our brothers and sisters in Christ.

People: Lord, have mercy.

Leader: For our country, the president, all civil authorities and the armed forces.

People: Lord, have mercy.

Leader: For our parish, the clergy, staff, parish council members, those in ministry, all members and catechumens.

People: Lord, have mercy.

Leader: For our family, friends, and loved ones.

People: Lord, have mercy.

Leader: For those who hate us and those who love us.

People: Lord, have mercy.

Leader: For those with whom we work and those who serve us.

People: Lord, have mercy.

Leader: For those who have asked us, the unworthy, to pray for them.

People: Lord, have mercy.

Leader: For the deliverance of captives, and those in prison.

People: Lord, have mercy.

Leader: For those who travel by land, sea, air, or space.

People: Lord, have mercy.

Leader: For those who lie in sickness, suffering, oppression, poverty, homelessness, and every kind of need and affliction.

People: Lord, have mercy.

Leader: Let us pray also for the abundance of the fruits of the earth.

People: Lord, have mercy.

Leader: And for all our loved ones who have gone before us, the orthodox who here and everywhere lie asleep in the Lord.

People: Lord, have mercy.

Leader: Let us say also for ourselves:

People: Lord, have mercy. *(3 times)*

Leader: For you are a good and loving God, and to you we ascribe glory, to the Father, and the Son, and the Holy Spirit, now and ever and to the ages of ages.

People: Amen. Remember us, O Lord, when you come into your kingdom.
Remember us, O Master, when you come into your kingdom.
Remember us, O Holy One, when you come into your kingdom.

People: The heavenly choir sings your praises, saying: Holy, Holy, Holy, Lord of Hosts, heaven and earth are full of your glory.

Leader: Draw near to him and be enlightened, and your faces shall not be ashamed. *(Psalm* 33:6)

People: The heavenly choir sings your praises, saying: Holy, Holy, Holy, Lord of Hosts, heaven and earth are full of your glory.

Leader: Glory to the Father and the Son and the Holy Spirit.

People: The heavenly choir of holy angels and archangels with all the power of heaven sings your praises, saying: Holy, Holy, Holy, Lord of Hosts, heaven and earth are full of your glory.

Leader: Now and ever, and to the ages of ages. Amen.

People:

Nicene Creed

I believe in one God, the Father, the Almighty, Creator of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only begotten Son of God, begotten of the Father before all ages. Light of Light, true God of true God, begotten, not created, of one essence with the Father, through whom all things were made.

For us and for our salvation, he came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and he suffered and was buried.

He rose on the third day according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead. His kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshiped and glorified, who spoke through the prophets.

In one, holy, catholic and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I expect the resurrection of the dead, and the life of the age to come. Amen.

O God, forgive, remit, and pardon our sins both voluntary and involuntary, in deed and word, in knowledge and in ignorance, committed by night or by day, in intention and in thought; forgive us them all, for you are a good and loving God.

Our Father, who art in Heaven, hallowed be thy name;
Thy kingdom come;
Thy will be done on earth, as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those, who trespass against us.
And lead us not into temptation, but deliver us from evil.

Leader: For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and ever, and to the ages of ages.

People: Amen.

Kontakion of the Theotokos. 4th Tone

O protection of Christians unashamable, immovable mediation to the Creator, do not overlook, the prayers of us sinners, but hasten since you are good, to help us who cry out in faith to you: speedily make intercession, and hasten to offer supplication, O Theotokos, since you always protect those who honor you!

Scriptural Readings

Reader: The reading is from the Letter of St. _____ to the _____.

Leader: Let us be attentive.

Reader: reads the Epistle passage of the day.

People: Alleluia, alleluia, alleluia!

Leader: The reading is from the Gospel according to St. _____.
Let us be attentive.

People: Glory to you, O Lord, glory to you!

Leader: reads the Gospel passage of the day.

People: Glory to you, O Lord, glory to you!

Lord, have mercy. *(12 times)*

O most Holy Trinity, consubstantial power, undivided kingship, the cause of all good, be gracious even to me, the sinner. Confirm and instruct my heart and take away from me every defilement. Enlighten my mind, that I may ever glorify, praise and worship you, saying: One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, from now and for evermore. *(3 times)*

Psalm 34

I will bless the LORD at all times; his praise shall continually be in my mouth.
My soul makes its boast in the LORD; let the humble hear and be glad.
O magnify the LORD with me, and let us exalt his name together.
I sought the LORD, and he answered me, and delivered me from all my fears.
Look to him, and be radiant; so your faces shall never be ashamed.
This poor soul cried, and was heard by the LORD, and was saved from every trouble.
The angel of the LORD encamps around those who fear him, and delivers them.
O taste and see that the LORD is good; happy are those who take refuge in him.
O fear the LORD, you his holy ones, for those who fear him have no want.

The young lions suffer want and hunger, but those who seek the LORD lack no good thing.
Come, O children, listen to me; I will teach you the fear of the LORD.
Which of you desires life, and covets many days to enjoy good?
Keep your tongue from evil, and your lips from speaking deceit.
Depart from evil, and do good; seek peace, and pursue it.
The eyes of the LORD are on the righteous, and his ears are open to their cry.
The face of the LORD is against evildoers, to cut off the remembrance of them from the earth.
When the righteous cry for help, the LORD hears, and rescues them from all their troubles.
The LORD is near to the brokenhearted, and saves the crushed in spirit.
Many are the afflictions of the righteous, but the LORD rescues them from them all.
He keeps all their bones; not one of them will be broken.
Evil brings death to the wicked, and those who hate the righteous will be condemned.
The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.

Leader: Through the prayers of our holy Fathers and Mothers, Lord Jesus Christ, have mercy on us and save us.

People: Amen.